FROM THE SCHOOL LEADERSHIP TEAM

Dear Parents, Carers and Community Members,

Congratulations to Mr Kevin Billion, Assistant Principal RE on a very successful appraisal process as a Senior Leader within Brisbane Catholic Education. Mr Billion is a wonderful asset to our school community and it was a privilege to listen to parents, parishioners, school officers, teachers and students share their positive reflections on Kevin’s professional growth and contributions to St Rita’s over the past four years. The appraisal process is comprehensive and involves a written self-review from Kevin, a 360° Feedback Survey and yesterday’s day of a panel review including Assistant Principal from other Catholic Schools and an Education Officer from the BCE Religious Education team review meeting with 6 focus groups. There was an overwhelming consistency of commendation for Mr Billion for his positivity, integrity, reliability in promoting the religious life of our school, technology and student support. Above all, he was commended for being an authentic Christian leader and educator. Thank you Mr Billion for all that you do and care for our school community.

Michael Grose – Tonight and Tomorrow
Don’t miss this excellent opportunity to be informed, entertained and affirmed for the most important job there is in life – being a good parent. Michael is a nationally and internationally renowned speaker on contemporary issues for parenting and this will be a most worthwhile hour and a half from 7pm this evening or 9am tomorrow in our Unitas Centre. We are thankful to our SPN for their sponsorship for these presentations. A healthy attendance will be the best form of gratitude for such a great initiative.

Literacy Development
Thank you to the response and feedback I have received from parents following some reflections in our newsletter about our approaches to literacy learning – especially in the early years of schooling. Comparisons with other schools have led to some great questions and discussions about children’s progression in literacy learning. An early start to sight words and levelled readers can undoubtedly mean that some – not all – children will progress quickly through lists and levels. However, our belief that these methods can lead to an over reliance on memory for reading and early burn out remain strong and are backed by academic research. We will always reflect on our teaching methods – but will do so in alignment with the breadth and depth of the Australian Curriculum. Most important of all, our long term results for the reading development for our students are the best indicator that we are on the right track for teaching and learning instructional methods.

Term 2 School Fees
We are conscious that with the school fee invoices being mailed in the last week of term 1 that they may have been overlooked. Can you please locate this term’s invoice and arrange payment as soon as possible if you haven’t already attended to this. As always, please make contact with Mrs Krys Kuropka if there is any difficulty with payment.

Please see the link to “Mr Quiet” – a personal challenge set by one of our former and much loved students at St Rita’s – Jake Hendrix. Now that’s a very inspiring story!

May God’s peace and blessings be with you and your family in the coming week.

Anne
**Year 5 School & Parish Mass:** Please join with us in prayer with the Parish this Thursday 5 June. The theme for the Mass is ‘Go and Tell the Good News’.

**Pentecost Sunday:**
The Christian feast of Pentecost marks the end of the Lent, Easter, Pentecost cycle. The word “Pentecost” is the Greek word for “fifty” and is the name given to the Jewish feast of “Shavouth” which was celebrated 7 weeks after the Passover. This Jewish feast commemorated the giving of the Law to Moses on Mt Sinai. The Church teaches that the Holy Spirit is the third person of the Trinity, alive in the world today, dwelling with people and in people. The reading from Acts is a recount of the sending of the Holy Spirit to the disciples. God’s spirit as promised by Jesus was poured into their lives and they were changed or transformed from people of fear to people of courage. The church teaches that the Holy Spirit is constantly coming into peoples’ lives to strengthen them so that they are guided in the way of truth. The Year 5 children have been learning about the seven gifts of the Spirit: Wisdom, Understanding, Right Judgement, Courage, Knowledge, Awe and Wonder and Reverence.

**Reflection**
In every community, there is work to be done.
In every nation, there are wounds to heal.
In every heart, there is the power to do it.

Every blessing for the week ahead.
Kevin

I’m sure many people like me have wished at some stage that they were an elite athlete travelling the world, playing golf, tennis, footy, soccer or surfing and getting paid an enormous amount of money for it. I came across an article showing the daily routine for Tiger Woods between competitions which is below:

6:30 a.m. One hour of cardio. Choice between endurance runs, sprints or biking.
7:30 a.m. One hour of lower weight training. 60-70 percent of normal lifting weight, high reps and multiple sets.
8:30 a.m. High protein/low-fat breakfast. Typically includes egg-white omelette with vegetables.
9:00 a.m. Two hours on the golf course. Hit on the range and work on swing.
11:00 a.m. Practice putting for 30 minutes to an hour.
12:00 p.m. Play nine holes.
1:30 p.m. High protein/low-fat lunch. Typically includes grilled chicken or fish, salad and vegetables.
2:00 p.m. Three-to-four hours on the golf course. Work on swing, short game and occasionally play another nine holes.
6:30 p.m. 30 minutes of upper weight training. High reps.
7:00 p.m. Dinner and rest.

What a workload! Clearly being an elite athlete is not just a walk in the park and the message to take away is that if you want to succeed at anything, you must be willing to work hard at it. Students who want better grades need to be prepared to turn off the television and the games consoles, and read. People who wish to succeed in their career, must be prepared to give of their own time, to study and improve their work.

The same is equally true at home. If we want an enjoyable family life, we have to work at it. We need to make time to have meals together. We need to turn off the television so we can talk, and we have to be prepared to engage with our kids, and be present for events that are important to them.

Colin Powel wrote, “A dream doesn’t become reality through magic; it takes sweat, determination and hard work.”

All the very best
Shane

No doubt most families would have been glued to the TV last Wednesday evening watching the State of Origin. In the lead up, much was said in the media about the fact that Queensland had won eight series in a row with much attention focused on the selection of the New South Wales team to break this Queensland dominance. What I found admirable was that the selection of the NSW team was as much about building the right team culture as it was the ability of players. The non-selection of players for their off field behaviour was something that should be applauded for the message it conveys to our younger generations that some things are more important than immediate success. I hope this is a trend that can continue in this influential area for young people.
**SUSTAINABILITY**

**World Environment Day & Free Dress Day (Fete)**
**Thursday 5 June**

This **Thursday 5 June** is **World Environment Day** and as a result we encourage all students to wear something green and in return try to ‘Wipe out Waste’ at St Rita’s. Furthermore all classes will participate in a ‘Waste Audit’ with Mr Thompson, Bob & Cathy Payne to look at how much waste we can continue to recycle at St Rita’s. We will keep you posted in the coming weeks on the results of the audits and how you can assist in partnership. In addition, whilst wearing something green for World Environment Day, this will be combined with a Free Dress Day in return for a ‘Gold Coin’ donation for the upcoming school fete.

**ENROLMENTS FOR 2015**

For those families with siblings ready to start Prep in 2015 please submit your enrolment forms to the school office for an interview. Enrolment forms are available from the school office or the website [www.stritasvp.qld.edu.au](http://www.stritasvp.qld.edu.au).

**ROSIE’S AND BABi APPEAL**

Our Rosie’s and BABi (Bayside Adolescent Boarding Inc.) appeal will commence this week. This appeal is designed to support the youth in our local community who find themselves on the streets at night with nowhere to call home. More information can be found at [http://www.babi.org.au/](http://www.babi.org.au/) and [http://www.rosies.org.au/](http://www.rosies.org.au/).

**Year** | **Collecting…** | **MV Reps**
--- | --- | ---
Prep | Baby Food | Dorind 6L Kasey 6L
Year 1 | Tea, Coffee, Sugar, Milo | Dakota 6L Lauren 6L
Year 2 | Cheese & Biscuit, Snacks | Danielle 6L Shanae 6L
Year 3 | Cuppa Soups | Piper 6L, Carla 5K
Year 4 | Tinned Soup | Annie 6K, Chelsea 6T
Year 5 | Pasta, Pasta Sauce | Nicola 6T, Katie 6T
Year 6 | Cereal, Cereal Bars | Hannah 6T, Lara 6L
Year 7 | Biscuits | Tyger 6T

**“MR QUIET”**

My name is Jake Hendrix. I am known as **‘Mr HaveAChatAboutAnythingAnytime’**.

I was diagnosed with a brain tumour when I was 4 years old and have been part of Camp Quality for at least 10 years now. Camps are great for kids like me to be around other kids who are going through or who have been through something similar. It is also great for parents and siblings too!

As I have mentioned, I am a bit of a talker! People quite often say to my mum and dad ‘does this kid ever be quiet!’ Not to mention Mum and Dad saying things like 'do you ever draw a breath' and Grandma saying 'you can talk under water with a mouth full of marbles!' Haha

I really wanted to raise some money for Camp Quality and thought this would be a fun way to do it. It is going to be 'quiet' a challenge - pardon the pun. I have set myself the challenge of raising $1500 by **not talking for 24 hours**! You can either make a donation to help me reach my goal, or you can sponsor me. The challenge will be on Saturday 7 June.

Thanks for your support!
Jake :)

**PS. Laughter is the best medicine**


**LEARNING SUPPORT**

What is giftedness?

Recently, we referred to the importance of students taking risks and being comfortable to make a mistake in the pursuit of discovery and growth. The term educators have recently used for this ‘bounce back’ approach is resilience, however, it seems that the new ‘buzz word’ to take centre stage is ‘grit,’ whereby one’s success is measured by the amount of ‘grit’ that they display. Angela Duckworth, a psychology professor at the University of Pennsylvania, is the creator of the term and defines it as ‘being able to sustain your passions, and also work really hard at them, over really disappointingly long periods of time.’ (Smith, 2014)
In the following article titled, ‘Does Teaching Kids to Get ‘Gritty’ Help Them Get Ahead?’ Smith discusses the importance of ‘grit’ and the concept of ‘growth mindset’ as being building blocks for student success. She states;

‘The message is that life isn’t always easy.’ Hoerr says. His goal is to make sure “that no matter how talented (students are), they hit the wall, so they can learn to pick themselves up, hit the wall again and pick themselves up again, and ultimately persevere and succeed. It is a major adjustment for everyone—perhaps most of all for parents...Parent’s love the notion of grit; they all want their kids to have it. However, no parent wants their kids to cry.’ Hoerr say.

In order to get parents and kids on board with the idea of struggle, educators say, they first need to be convinced that their struggle is likely to pay off. Or, as Stanford University professor Carol Dweck puts it, they need to have a “growth mindset” — the belief that success comes from effort—and not a “fixed mindset” — the notion that people succeed because they are born with a “gift of intelligence or talent... Indeed, educators see it all the time: kids with fixed mindsets who think they just don’t have the ‘gift’ don’t bother applying themselves. Conversely, kids with fixed mindsets who were always told they were ‘gifted’ and skated through school tend to crumble when they hit their first challenge; rather than risk looking like a loser, they just quit.

Finally, Smith concludes the article by stating that ‘the focus is always more on putting out effort than on getting the right answers’ and that some schools are actually measuring a student’s ‘grit’ and ‘growth mindset’ on report cards, as they recognise the ability to persevere and learn from mistakes is just as important as the subjects of Maths and English.

What does this mean for our gifted children? The message that resonated for me was the importance of all students being challenged, even our gifted, on a daily basis. Gifted students need to experience failure regularly and be comfortable with taking risks so that they can go forth and be curious and creative learners, at the expense of being first, or having the best result.

Kate Neiderer, the keynote speaker at the QAGTC Conference this year, would state that we need to let our gifted kids ‘fall into the dip’ occasionally, to toughen them for the fall when they eventually do.

Let’s go get ‘gritty!’
4T
Riley E For always using lovely manners and being a pleasure to have in the classroom.

James W For carrying out fabulous research and creating an excellent presentation for the class.

4L
Mia W For inspiring learning by working hard to answer questions and share your ideas. It is great to see you taking on a bigger part in class discussions.

Georgina B For inspiring learning in the effort you are putting into your maths work. Keep up the great work.

S.P.E.A.K.


ART CLASSES

The students of the Serendipity Art Classes, currently have a selection of their work on display in the school library.

They have worked very hard this term on several pieces and have produced some beautiful work.

I am proud of the way the students embraced our lessons on Aboriginal and Indigenous art and culture by drawing their own story maps and symbols, then reproducing them on canvas implementing the traditional techniques of dot and x-ray style drawing and painting. The children have learnt the value and importance of the story map as it is not only used as decoration but also used for the practical purpose of locating water and food, navigating your way across the vast countryside and telling the story of a journey. The students now realize what looks to be a simple painting of dots and lines, requires, skill, technique, the understanding of indigenous symbols and more patience than they thought they had! One of my long term students has recreated her beautiful artwork which has been included in our school mural.

As the term two art block is drawing to a close this week, enrolments are now open for term three. New students are always welcome but once again, places are limited.

Enrolment forms and information is available from the school office and any enquiries can be directed to me after 5 pm.

Looking forward to sharing my passion for art with the students of Serendipity again after our June break.

Yours in Art
Jenny Randall

ARTS NEWS

Well done to all our students that have auditioned so far for St Rita’s Got Talent. The standard this year has been fantastic, and it was excellent to see so many wonderful, well-rehearsed performances. It is a difficult choice to select students for the next round, as often we have to balance out ratios of boys to girls and year levels, to get a variety of entertainment for the finals. The next round will begin on THURSDAY 5th JUNE, so please make sure students have read the timetable on the music room door, as to whether they will be performing.

Thank you to Mr Fernando and Olivia Fielding, who have been helping out as adjudicators for the performances.

I look forward to some great final performances at the fete.

Paul Tyrrell

St Rita’s WINTERFEST

Saturday 21st June 2014
10am – 4pm
This week’s banker of the week is Rachael S, congratulations Rachael we have deposited $2 into your bank account.

Winterfest is only a few short weeks away so for the next three weeks the Banker of the Week will receive a gift voucher for a show bag at the Winterfest, so get your banking ready and be in the draw.

We’re open 9am Mon – Sat, Closing times Mon – Thur 4.30pm, Fri 5pm & Sat 12noon.
Pop in and see the friendly team, we’re always happy to have a chat and help with any of your banking needs.
BOQ Victoria Point, Shop 23 Victoria Point Shopping Centre
Ph 3207 6133

NIHONGO NOTES

みなさん、こんにちは (Minasan, Kon-nichi-wa) Often, in other languages, there are words that we don’t have an exact equivalent for in English. One such word in Japanese is ‘mottainai’ (pronounced ‘mot-tye-nigh’) and it means “What a waste!” It has spread from Japan to other parts of the world as a message about caring for the environment. See this website for details. http://mottainai.info/english/

TUCKSHOP NEWS

Wednesday 4th June
Trish McNamara
Tracy Knight

Thursday 5th June
Cilla Mihajlovic
Trish McNamara

Friday 6th June
Brenda Owbridge
Louise Lowcock
HELP NEEDED??
HELP NEEDED??
2ND Break
Leila Winterburn

Sports Day - All Flexischools tuckshop orders for this day need to be in by 3:00pm on Thursday 12th. Pre-ordering through bag would be appreciated as well. Remember to mark SPORTS DAY at the top of the bag.

Help In Tuckshop - We love seeing new faces in Tuckshop and so do the students. Thank you Stacey and Tyson, we look forward to seeing you again.

For all enquiries please contact Renee 0411 523 969 or rsaleh@bne.catholic.edu.au

UNIFORM SHOP

HOURS
Thursday 8.00 to 10.00am
Friday 8.00 to 10.00am

FROM THE PARISH

What is Pentecost?
This is a very special time in the Bible when the disciples and other Christians received the Holy Spirit. Pentecost occurred 50 days after Easter Sunday or 50 days after Jesus rose from the dead. Jesus had already gone back to Heaven so the disciples and new believers of Jesus were waiting to receive the Holy Spirit because that’s what Jesus told them would happen. Plus, since Jesus wasn’t with them anymore the Holy Spirit would help bring them closer to God.

The day of Pentecost was a bit different though. People had already become Christians but the Holy Spirit wasn’t a part of them yet. This would be the first time everyone who was a Christian would receive the Holy Spirit. The disciples and other Christians had come together to thank God and suddenly a sound like the blowing of a strong wind came from heaven and filled the whole house where they were sitting. Next they saw tongues of fire that separated and came to rest of each of them. When the tongues of fire came they were filled with the Holy Spirit and began speaking in different languages. It says that there were people of many different nationalities staying in Jerusalem from all over and many of them speaking different languages. These people ran over to see what all the noise was about and were surprised to hear their own languages spoken throughout this group. The Bible even lists up to 16 different places people were from and could hear their language spoken! It was no surprise that the crowd that had gathered to check out what was happening thought that there wasn’t something special happening, after all they weren’t there when the Holy Spirit came to them.
Peter spoke to the crowd and explained how God brought Jesus to them and that they had crucified him. The crowd understood and felt responsible for doing this and they wanted to know what they could do now. Peter explained that they should repent (say they’re sorry and stop doing bad things) and be baptized so that others would know that they believed in God and were trying to change. Now, because of Jesus death and his resurrection people could be forgiven and receive the Holy Spirit from now on. That means we receive the Holy Spirit when we accept Christ or become Christians. The word Christian actually means Christ in us. The special thing about having the Holy Spirit is that God never leaves us so we can talk to him or ask for help anytime.

The Holy Spirit actually helps us in many ways. He comforts, teaches, helps us grow in our relationship with God and gives us strength to get rid of the bad habits in our lives. He also gives us power and helps us know when we've done something wrong. Of course, we need to want to grow, learn and change to be more like God for the Holy Spirit to really work with us. So, the Holy Spirit is super helpful to us! He becomes a part of us when we become a Christian and understand that Jesus died and rose for us. When we're ready to try to live a life pleasing to God the Holy Spirit becomes part of us so we have a part of God with us all the time.

So Pentecost was super special for the disciples and special for us even now because that was the start of us receiving the Holy Spirit and being able to ask for forgiveness.

**Sacrament of Confirmation and 1st Holy Communion 2014**

We continue our sacramental journey with those children who made their Reconciliation in October last year. The second Parent Information Session for Holy Communion will be held on Wednesday 11th June at 7pm in the church. Children are not required at this meeting. This is an important meeting and one parent is requested to attend if you wish your child to continue with their sacramental preparation. Fr Leo will be collecting the completed Confirmation workbooks and distributing the 1st Holy Communion workbooks at this meeting. Angela and Candice are continuing to give Confirmation and Holy Communion lessons during the 6pm mass on Saturday night and 9am mass on Sunday morning. It is an expectation that your children attend these lessons in preparation for their sacraments.

**Altar servers – More volunteers needed urgently:**

Fr Leo is happy to run a training session this month after school for anyone interested. For more details contact us at the Parish Office on 3207 9177

We need your help!!

Due to parishioners moving on, vacancies have appeared in our monthly rosters at the church. We really could do with more Communion Ministers, Ministers to the Word (Readers), Data Projector operators and Altar servers (boys and girls) to fill the spaces that have appeared. If you feel that you can share your time and talent with the Church community, please contact the Parish Office on 3207 9177 for any information that could help us. Many thanks to you all.

**Parish Junior Choir**

Do you like to sing? Come and join the parish junior choir. Rehearsals are each Wednesday during term time from 3pm to 4pm at the Ruby Room at the parish office. If you would like more information please contact the Parish office. Invite your friends to come along and sing with you. There is no cost for this activity. Afternoon tea is provided. Open to all primary age and high school age parishioners.

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**WOOL CLUB**

It was great to see so many students and mums at Wool Club last week! We started weaving monster bookmarks as well as preparing the frames for a weaving project that we will incorporate natural fibres into. We will continue working on these projects over the next few weeks. Students can start to look around for leaves, twigs or feathers etc that they would like to include.

Carly
All St Rita’s families who make a travel booking a donation is made to the school on your behalf. JAN donation amount $40

Simply the Sole
Healing Naturally with Reflexology
Reclaim your Health call now
Wilma Fudge: 0425 676 804
Health fund rebates available
Clinic at Victoria Point
Find us on Facebook

Kitchen Makeovers or New
The look of a new kitchen without the cost
Kitchen Solid Surface Benchtops
Cabinets & Doors
Walk-in Robes
* Quality Finish *
Tel: Andrew 0400-501078

SCHOOL REWARD PROGRAM
HELPING EVERYONE
AT ST RITA’S PRIMARY SCHOOL
FIND THEIR FIT

The Athlete’s Foot Carindale and Capalaba are our recommended suppliers of school and sport shoes.

The School Rewards Program applies to your whole family across their fantastic range of school, sports, work and leisure shoes. $5 from every pair of shoes purchased is donated back to our school.

Our expert Fit Technicians can answer any questions relating to ourh TITAN 2 to ensure you find your perfect fit.

CARINDALE (07) 3843 4211
CAPALABA CENTRAL (07) 3399 3426

Chatter Matters
In the Redlands.

Discover how to help your child develop great language skills while having fun!

When: Thursday 5 June 2014
5.45 pm for a 6 pm start

Venue: Cleveland State School Hall
Queen Street, Cleveland

Guest Speakers include
Literacy Specialist
Speech Pathologist

Question Session
A great opportunity to chat with a variety of professionals about your child

An initiative of the
Redlands AEDI Local Response Group
2014 ST RITA’S WINTERFEST BAKING CLUB

It’s time to start planning the Winterfest Baking Stall for 2014. The Baking Stall was a great success last year thanks to all those in the St Rita’s Community who baked and donated ingredients, and of course the generosity of my fellow Baking Club members.

ONLY 3 WEEKS TO GO

I am inviting any keen cooks to join the 2014 Winterfest Baking Club. The purpose is to share the load of baking and packaging of the baked goods for the Fete. The donated ingredients will be used to cook goods for the Stall.

If you love to bake and would like to be a part of the Winterfest Baking Club, please contact Lisa Acret on 0405 152 952 or acrets@me.com.

The Baking Club is looking for the following Items to be donated

<table>
<thead>
<tr>
<th>Baking Cocoa</th>
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</thead>
<tbody>
<tr>
<td>Chocolate Chips, M&amp;M’s mini M&amp;M’s, smarties, jelly beans</td>
</tr>
<tr>
<td>Mars Bars</td>
</tr>
<tr>
<td>Baking chocolate blocks – white and milk chocolate</td>
</tr>
<tr>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>Sultanas</td>
</tr>
<tr>
<td>Tinned Caramel</td>
</tr>
<tr>
<td>Condensed Milk</td>
</tr>
<tr>
<td>500g blocks of butter</td>
</tr>
<tr>
<td>Eggs</td>
</tr>
</tbody>
</table>

SIDE SHOW ALLEY

Side Show Alley are looking for donations of prizes. The following are some suggestions to fill a jar for the HOOPLA STALL with:

- Loom bands, hair accessories, fashion cosmetic items e.g lipgloss, nail polish
- Stationary items e.g. erasers, pencils, gel pens, stickers, little note books
- Boys toys e.g Matchbox cars,
- Trashies
- Packets of individually packaged lollies e.g Wizz Fizz, Nerds, lollipops.
RAFFLE TICKETS
Don’t forget to return your sold or unsold raffle books as soon as possible. There is a roster on the front counter of the school office, and also will be available at the weekend masses, if you can spare some time to help out at the Victoria Point Shopping Centre with ticket sales it would be greatly appreciated. The camper trailer heads to Victoria Point Shopping Centre this Thursday June 5, if you sell 10 raffle books, you will receive one free all day ride arm band.

ALL DAY RIDE PASSES
All Day Ride Pass forms will be sent home via email this week, if you would like to purchase one they can be pre-purchased before Fete day for $35 either by sending in cash or credit card details in an envelope marked “Winterfest All Day Ride Pass”. These passes can also be purchased through Flexischools. The passes will be sent home with the eldest child around Wednesday June 18. All Day Passes will be $40 on fete day. The rides for this year are: Miami Trip, Hurricane, Dodgem Cars, Rock Climbing Wall, Animal Farm, Cup and Saucer Ride, Frog Hopper, Lost temple jumping castle and Dragster Slide.

CREATE-A-CUPCAKE STALL
Create-a-cupcake stall needs your help with donations of cake toppings, e.g. sprinkles, 100’s and 1000’s, chocolate chips, mini M&M’s, Milo and jelly crystals.

FACE PAINTING STALL
At this year’s Winterfest the Student Council are running a face painting and temporary tattoo stall. We are asking for any donations of face paints, cotton tips and temporary tattoos. These can be dropped off at the school office. Thank you for your support.

LOB-O-CHOC
Don’t forget to support the Lob-o-choc stall, blocks of Lindt chocolate are on sale at the Woolworths supermarket.

SPONSORSHIPS AND DONATIONS
Please show your support to the following businesses who have generously shown their support towards our Winterfest:

Chrissie Owen
Independent Consultant
07 3829 1234
0401 488 785
cowen.ll@outlook.com
www.linenparties.com

Lorraine Lea Linen
Independent Consultant

RAINGROVE PTY LTD
SAP Consulting Services
Mobile: 0407 152 211 Email: raingrove@bigpond.com
A.B.N. 15 010 493 075
**Sports Day Tuckshop Menu**

**Sausage Sizzle** (on a bun)  
Tomato & BBQ sauce only  
$2.50

**Sushi**  
As per normal Sushi menu.......  
Roasted Chicken Teriyaki (on the day)  $2.50  
Tuna (on the day)  $2.50  
Soy Sauce  $0.25

**Snacks**  
Salt & Vinegar JJ’s  $1.50  
Chicken JJ’s  $1.50  
Red Rock Honey Soy  $1.50  
Red Rock Sea Salt  $1.50  
Cookie (Choc Chip/Double Choc Chip)  $0.60  
Milky Way  $1.00

**Drinks**  
Quench – Apple/Raspberry, Blueberry,  $1.50  
Lemonade, Orange  
Nudie – Apple, Tropical  $1.50  
Water  $1.40

Slushie -  
Large  $1.50 / Small  $1.00

Tea/Coffee & Cake  $2.50

This is the only menu available for sports day, for 1st & 2nd breaks.
Just a few things in regards to Sports Day tuckshop.

- The Sports Day menu will be available through Flexischools. Cut off time for your all sports day orders is 3:00pm Thursday 12 June. (The Thursday directly before the sports carnival). Just like our normal Sushi menu.

- You may send in paper bags prior to the day. When pre-ordering please mark the bag clearly with Sports Day.

- The Tuckshop will run from the Unitas Centre as a normal tuckshop day, all volunteers welcome.

- The Sports Day menu will be the only menu available on this day.

- Tea, Coffee and cake will be available for parents/caregivers as well as a Coffee Van will be located near the Tennis Courts.

- If Sports Day is postponed due to bad weather all orders will be carried over to the new date.

- *If you have any questions please do not hesitate to contact me.*

  Renee Saleh 0411523969 email - rsaleh@bne.catholic.edu.au
Helping kids who struggle at school

The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

More and more in my work, I hear about young children struggling with anxiety, serious behavioural concerns, mental health issues and aggression.

At the same time, I am staggered to see the ‘push down’ of formalised learning onto children under six in this country. This is contrary to best practice in early years education and despite a lack of evidence validating any positive influence of early formalised education on young children’s lives.

In Issue 9 of Parenting Ideas Magazine, I wrote about why play is critical for brain development and social, emotional and cognitive development in young children. The removal of play in kindergarten and preschool in favour of sight words and worksheets, homework and black line markers can be damaging to our children’s ability to function as social beings – which is still our key biological driver.

Much of the push seems to be happening to improve schools’ data – misinformed principals seeking good NAPLAN results and top rankings on the MySchool website. However, lots of educators tell me that they also get pressure from parents who do not understand how critical non-formal learning is early on.

The rise in aggressive behaviour being exhibited by many younger children, mainly boys, is a sign they are unable to cope in environments with no opportunity to play, no fun, little movement and developmentally inappropriate tasks. We then penalise these children by suspending or expelling them.

The latest COAG Reform Council report on education, released in October 2013, shows that despite some improvements in overall outcomes, the gap for Indigenous children and disadvantaged children is growing ever wider. When you think that around 30% of children struggle with school anyway, how can parents better support their kids if they are struggling?

Tips for struggling kids

The first thing to consider is whether there are any developmental delays.

Children mature at varied rates and in all sorts of ways depending on environment and unique genetic templates.

Any kid can have developmental delays around phonemic awareness, and these can be helped by being read to a lot, learning nursery rhymes and songs and engaging in lots of conversation.

From birth children need to be saturated in sound from humans as they are unable to learn sounds from television, DVDs or screen-based devices like iPads.

If the delays are in self-regulation – the ability to manage one’s energy, to be able to concentrate for up to 15 minutes, to sit quietly when asked – you need to identify and reduce the stressors in the affected child’s life.

Things that improve self-regulation include music, sport, real play, time spent in nature and being in safe environments. Things that hinder it are too much television or other screen time, being too passive, poor food, lack of sleep, too much pressure and weak human connectedness.

If a child is forced to attempt a task they’re unable to do developmentally, this can cause enormous distress. Take handwriting for four- to five-year-olds: It’s a complex task that many children are unable to do until closer to six. The brain integration required is deceptively complex.

When a child cannot do a task like handwriting, or can’t manage to remember sounds or colour within the lines, they often see themselves as dumb or stupid.
Have realistic expectations of your children and talk to their teachers or school leaders. If you feel they are expecting too much, there are many articles on my website you can use as evidence in these conversations.

If it is identified that your child has some delay issues, early intervention is essential, particularly if they are identified as having an autism spectrum disorder (ASD), auditory processing concerns or sight issues.

Not all kids are going to do well at school. According to Howard Gardner’s Multiple Intelligence theory we have at least nine different ways of being smart. Google this to show your children and help them work out “which smarts are you?”

If your child is struggling academically it is important to help them at home to be really competent at something! Self-mastery builds confidence — even if it’s true climbing, stargazing, frog hunting, growing vegies or helping to fix things in the shed. This helps them build a healthy sense of self, even if they struggle with maths or learning to read.

For older children, investing in tutors and maybe purchasing some technology-based support is well worth the cost.

Practice makes perfect and brain plasticity allows for kids to always improve with increased effort. Remember that it must be engaging learning and fun or it will simply make things worse.

Finally, if your child is displaying really significant anxiety and distress and you have done your best to work with the school to improve things, then the environment may need to change.

We can’t leave kids struggling and just say ‘toughen up’ — otherwise we are just wiring them for hypersensitivity for life, when childhood should be filled with joy and delight.

Maggie Dent is an author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. She has four adult sons and is author of five books and numerous resources including a new video seminar on raising boys: Boys, Boys, Boys. Check out her blogs, newsletter and other resources at www.maggiedent.com.